



Herbed Orzo Pilaf (Crowd Size)



Dairy Free

READY IN



40 min.

SERVINGS



16

CALORIES



143 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 16 ounces soup noodles (orzo)
- ☐ 0.3 cup pinenuts
- ☐ 2 tablespoons vegetable oil
- ☐ 2 cloves garlic finely chopped
- ☐ 4 ounces mushrooms sliced
- ☐ 0.5 cup spring onion sliced
- ☐ 2 cups roma tomatoes sliced (plum)
- ☐ 0.3 cup basil dried fresh shredded

☐ 0.5 teaspoon salt

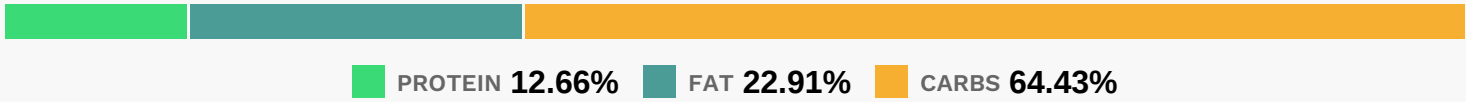
Equipment

☐ frying pan

Directions

- ☐ Cook and drain pasta as directed on package.
- ☐ Meanwhile, in 12-inch skillet, cook nuts over medium heat 2 to 3 minutes, stirring constantly, until toasted.
- ☐ Remove from skillet.
- ☐ Add 1 tablespoon of the oil and the garlic to skillet. Cook and stir over medium-high heat 1 minute. Stir in mushrooms and onions. Cook about 2 minutes, stirring occasionally, until crisp-tender.
- ☐ Stir in tomatoes, pasta, basil, salt and remaining 1 tablespoon oil. Cook over medium heat, stirring occasionally, until heated through. Spoon into serving dish; sprinkle with nuts.

Nutrition Facts



Properties

Glycemic Index:15.25, Glycemic Load:8.95, Inflammation Score:-4, Nutrition Score:6.3539130643982%

Flavonoids

Naringenin: 0.2mg, Naringenin: 0.2mg, Naringenin: 0.2mg, Naringenin: 0.2mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.51mg, Quercetin: 0.51mg, Quercetin: 0.51mg, Quercetin: 0.51mg

Nutrients (% of daily need)

Calories: 142.93kcal (7.15%), Fat: 3.66g (5.64%), Saturated Fat: 0.45g (2.84%), Carbohydrates: 23.19g (7.73%), Net Carbohydrates: 21.68g (7.88%), Sugar: 1.83g (2.03%), Cholesterol: 0mg (0%), Sodium: 76.83mg (3.34%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.56g (9.12%), Selenium: 18.66µg (26.66%), Manganese: 0.5mg (24.92%), Vitamin K: 14.66µg (13.96%), Phosphorus: 80.84mg (8.08%), Copper: 0.16mg (7.75%), Magnesium: 25.17mg (6.29%), Vitamin C: 4.99mg (6.05%), Fiber: 1.51g (6.02%), Vitamin A: 297.93IU (5.96%), Vitamin B3: 1.03mg (5.14%), Potassium: 179.69mg (5.13%), Zinc: 0.64mg (4.28%), Vitamin B6: 0.08mg (4.02%), Iron: 0.67mg (3.7%), Vitamin E: 0.55mg (3.65%), Vitamin B1: 0.05mg (3.5%), Vitamin B2: 0.06mg (3.48%), Folate: 13.73µg (3.43%), Vitamin B5:

0.27mg (2.67%), Calcium: 13.1mg (1.31%)